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I would like to advise you of 3 important changes in Bone Mineral Density (BMD) reporting at CDHA. You have been identified as head of a department whose members order BMD studies, and your assistance in disseminating this to your members is appreciated.

1. **New BMD reports**

We have implemented new BMD reports. These emphasize the importance of the 10-year fracture risk assessment, in accordance with the latest guidelines of Osteoporosis Canada<sup>1</sup> and the Canadian Association of Radiologists<sup>2</sup>. Further, explicit guidance is provided on follow-up testing and therapy, based on the fracture risk category. This is in response to requests from ordering clinicians for more management guidance. These reports were developed by a working group of local osteoporosis clinician and radiology specialists, and have been widely vetted. We hope you find this helpful in the management of your patients.

2. **Mailing of Hard Copy Computer-Generated Reports**

As a supplement to the main report discussed above, there is a computer-generated “report” which contains numeric BMD values and graphs. These are currently mailed as hard copies, and are the only diagnostic imaging reports still disseminated as hard copies. In the spirit of going “green” and efficiently using resources, as of 1 September 2014 we will no longer be distributing these hard copies. These “reports” are available on PACS and Portal for those of you who have access. It should be noted that this computer-generated data is supplemental information only, and may actually differ from the official report in certain regard. At a presentation to the council of the District Department of Family Practice in April 2014, there was unanimous agreement to discontinue the distribution of hard copies.

3. **New Provincial BMD Requisition**

A few months ago we distributed a new provincial BMD requisition, and we would like to re-emphasize the importance of this initiative. The new requisition emphasizes provision of key clinical information on history of fragility fractures and steroid use. These are critical parameters in the determination of the patient’s fracture risk, which is the cornerstone of the new BMD reports, including the management recommendations. The new requisition also lists the updated Osteoporosis Canada indications for BMD testing<sup>1</sup>. A copy of the new requisition is included with this letter, and is available on-line <http://www.cdha.nshealth.ca/diagnostic-imaging/bone-mineral-densitometry-bmd>. For those of you using electronic ordering systems such as Nightingale, the new requisition will be added. If you are unable to use the new requisition at this point, we ask that you at least note the requested information on fragility fractures and steroid use, and incorporate accordingly in your BMD requests.

Regards,

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Lead, BMD Working Group

David Barnes, MD, FRCPC  
Chief, Diagnostic Imaging, CDHA

References:

1. Papaioannou A et al. 2010 Clinical practice guidelines for the diagnosis and management of osteoporosis in Canada: summary. CMAJ 2010;182:1864-1873. [www.osteoporosis.ca/health-care-professionals/guidelines/](http://www.osteoporosis.ca/health-care-professionals/guidelines/)

2. Siminoski K et al. Canadian Association of Radiologists Technical Standards for Bone Mineral Density Reporting. CARJ 2013;64:281-294.